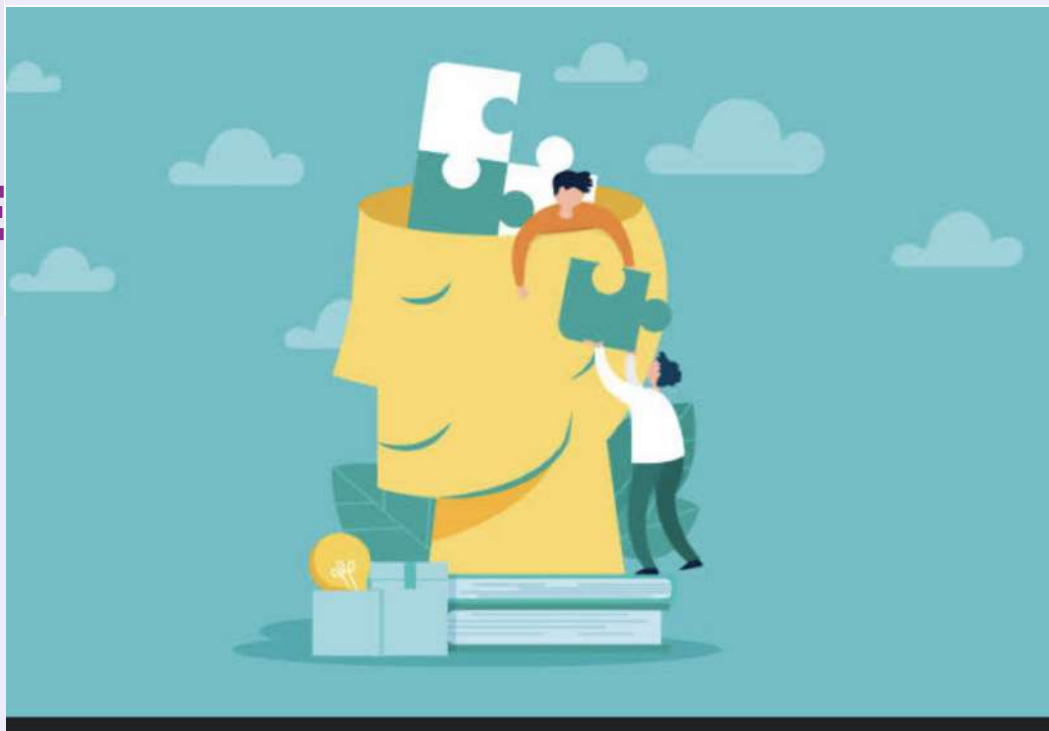


**IMAGINE
ROTARY**

**May-June
2023**

Be Your Best Self - Rotary Cares

Rotary District 9640 - Governor's Newsletter



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District Governor
Karen Thomas

Karen Connects: Imagine the Power of Positive Thinking

Hello all,

Firstly, please accept my apology for any absence that has affected you – many of you are aware that I have been experiencing swelling and inflammation of cervical spinal nerves due to the unexpected progression of a degenerative condition, resulting in physical disability of my right arm and general function and associated pain. Following several new medication trials, improvement of symptoms is now occurring, slowly but positively. I sincerely appreciate all support I

have received, plus your understanding.

Well, we are arriving at the end of the Rotary year 2022-2023. A term of office in any area always comes with joys, challenges and stresses, and hopefully overall satisfaction that you gave your best. Thank you sincerely to all of you for giving to the organization of Rotary during 2022-2023, whether it be on a District, or Club leadership, or membership level. To all of you, congratulations and deep appreciation for the generosity and goodness of heart you have shown in giving your

time to help others, and also to your spouse and/or family for understanding your desire to give. I wish you all the best for the coming year. A beautiful thought: "Busy hands, busy mind, happiness of heart you will find".

Have you ever read or watched the true-life book or movie, the Ben Carson Story – "The Power of Positive Thinking"? Basically, it identifies that we are all presented with challenges, daily or weekly, small to large, which put a halt on something we had planned to do or the way we were going to do it. We can either give up with the thought that we can no longer achieve that OR we can choose a positive thinking approach and find another method or

another pathway to achieve a similar result. All is controlled by your own mind – your brain is actually the most powerful organ in your body. The work is putting the pieces together, a bit like conquering a jigsaw really. This alternative choice and the end result of achievement reflect the power of a positive thinking approach.

What does this have to do with Rotary? The origin

and history of our Polio Plus campaign is a typical example – the beginning challenge was huge; the pathway has presented many challenges and setbacks and will continue to do so – has the organisation given up? No, they have powered on, using the positive approach they have found alternative pathways in challenging countries and powered on. You have all done the same with many of your projects and activities. The achievements of all your clubs are so inspiring. Becoming exposed to these and yourselves is definitely the highlight of the position of District Governor. I encourage you all to use the power of positive thinking in all aspects of your lives, personal and professional.

As your clubs move into your next chapter I wish you an enjoyable Changeover celebration, the best of luck with your new goals and direction, your future pathway is in your hands.

Thank you all for **"Being Your Best Self"**. I look forward to seeing you all at some time.

Take Care Always,
Karen

Karen's Diary #12:



In addition to District Meeting Commitments, some additional enjoyable experiences.

From top left: Meeting Friendship Exchange Rotarians from India and Taiwan. An inspirational tour with Brad from RAWCS witnessing the amazing flood recovery work by members of The RC of Banora Tweed, the RC of Summerland Sunrise's contribution to a local park, with Brad RAWCS manager inspecting the Chinderah Flood Donation Hub



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Malaria Vaccine Research - \$140,000 Global Grant

by PDG Sandra Doumany

I am very happy to report that **PDG Graham Jones** has been successful in raising \$140,000 for a Postdoctoral Scholar to work with Professor Michael Good and Associate Professor Danielle Stanisc at the Institute for Glycomics. Griffith University will match that amount to support our Global Grant through Rotary and enable it to be an very attractive two-year scholarship.

There were 53 applicants from around the world; obviously this was a very sought-after opportunity in Malaria vaccine research. Graham, Bruce and I sat on the panel with Professor Good and Associate Professor Stanisc to interview online the final six applicants who were all outstanding.

Graham and I have done this before with the Human Brain Research Project and have had 2 PhD students graduate from Italy and Pakistan. Our present student is from Nigeria and should complete his PhD in 2024. These outstanding scholars have all attended the University of Queensland; the last two with the support of Global Grants that Graham has written.



In our District 9640, PDG Graham has been the guru of Global Grants but I feel for the future we need to apply ourselves for more opportunities. Are you interested in learning to write a global grant? Seek advice from Graham! So much more can be achieved to make a difference.

Sandra Doumany,
Malaria Vaccine Project Committee Chair

Nerang Rotary bulk blood donation

by Geoff Palmer



On Wednesday 31st May members from Nerang Rotary Club attended Lifeblood at Southport to make donations of blood and plasma. They did this to assist in achieving DG goals for the year and to help keep the blood stocks on the Gold Coast at an acceptable level.

This was the first time for some members and an end to a long break for others. Graham Bakon mentioned this was his 66th function.

The team at Lifeblood were great and took good care of us all with food and drink. They are extremely professional and friendly and we have all agreed this will not be a one-off event. Following our donations we attended The Fish Tank restaurant.

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Rotary Friendship Exchange - Pennsylvania District 7430

PDG Wendy Scarlett

Rotary Friendship Exchange is open to all Rotarians and partners. The exchange is for two weeks from **17th - 30th September 2024**.

, with the team members being hosted with Rotarians from Pennsylvania. Expenses for team members include flights, tour admissions and lunch or dinner away from host homes.

You can apply to be part of a team of up to twelve, to participate in this great Rotary experience of culture, friendship and hospitality from 17-30 September 2024 in District 7430.

District 7430 is the south eastern part of Pennsylvania, bordering on New Jersey. It is a mixture of urban and agricultural areas which creates a diversity of life styles and vocations and is in the middle of the extensive metro region between Washington DC and Boston, MA.

Highlights of the visit may include Longwood Gardens, one of the premier gardens in the US 1000 acres 2 acres under glass, Lancaster and the Amish country, tour of Martin Guitar and museum, famous custom guitars of many famous musicians, tour of Moravian Tile Works on the national register part of arts and crafts movement.

The exchange could provide a great opportunity to visit Washington DC, New York City, Philadelphia

or other parts of the USA either before or after the exchange.

Rotary travel insurance will cover the exchange plus up to approximately 16 days private travel.

The incoming visit to our District by Rotarians from District 7430 is planned to occur 1st to 14th March 2024 and outbound team members' clubs are expected to host the inbound team for 3 – 4 days during their 14 days experience within District 9640.

Please discuss your desire to be part of the team with your club to obtain their consent to possibly host the inbound team from Pennsylvania.

Requests for a Team Membership Application should be directed to RFE Chair 2023-24 Ron Borland **0418 755 636** ronborland@hotmail.com.

Applications are to be submitted to the District Rotary Friendship Committee **by Friday 21 st July 2023**



Innerwheel Australia - Cord Blood Research project

Violet Roberts, Gold Coast North

The idea of Clubs in Australia supporting Cord Blood Research as a National Project was first presented by then IWA President Anne McGill to members attending the IWA Annual Conference in Adelaide in October 2000. Support for the idea was overwhelming and thus the IWA National Project was born.

Since its inception, this project has donated 59 Research Grants, totalling \$3,513,462.

Three grants were awarded in 2022 and will be involved in the study of:

- Mapping the Immune Defect in Type 1 Diabetes.
- The treatment of chronic wounds seen in diabetics, obese individuals or older individuals who have impaired circulation due diabetics
- Preterm babies who are at a high risk of poor neurological outcomes developing disabilities including cerebral palsy.

This is just the tip of the iceberg. Cord blood research is helping in ever so many other

children's diseases, such as Leukaemia cancer and birth defects.

2006/2007 saw our first recipient of a Cord Blood Transplant. As a toddler James English was diagnosed with Aplastic Anaemia, a severe blood disorder. After receiving a transplant, James lived on to be a healthy young man.

A young girl, Caitlin Hurler, was diagnosed with Mucopolysaccharidosis type I (MPSIH), commonly known as Hurler Syndrome. It is a fatal genetic condition, for which there was no cure. But a cord blood transplant made her life easier. Still having some disabilities, Caitlin is attending school and enjoying life to the best of her abilities.

And so the list goes on. There is so much information on the [Inner Wheel Australia](https://innerwheel.org.au) Cord Blood Research website that emphasises the wonderful work being done by fund raisers and researchers. It is well worth the look.



When did you last time visit our District 9640 Website?
There is a lot of really good stuff there! It's kept current at all times.
<https://rotary9640.org/>

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From Dreams to Reality: RC Currumbin Coolangatta Tweed - School Breakfasts

A recent study concluded that targeted prevention should aim at health-related behaviors accompanying the habit of skipping breakfast.

Focusing on vulnerable groups, characterized by not so easily modifiable socio-economic as well as individual factors, may improve results.

Interventions should synergistically promote children's health and involve their parents in order to be successful.

To reach all children and to avoid skipping breakfast, schools should offer regular breakfast at the start of a school day.

Policy makers should support healthy eating habits at all times.

About 7 years ago The Rotary Club of Currumbin Coolangatta Tweed was approached by the Coolangatta Primary School to see if they could assist in a School Breakfast programme.

Since then, in a roster with some of the local church groups, the club attends the school once every month to provide breakfast for the kids.

Our club members turn up at 7am to cook and serve cheese, Vegemite, honey and jam Toasties and fresh fruit (seasonal) including watermelon, apples, oranges, and bananas and a sweet treat fruit slice biscuit as well as a glass of fruit juice.

This is served in the school canteen at no cost to the school or to the students.

Our club members are overwhelmed by the polite and sincere children's attitude including "may I please have?" "Thank you very much" and the children enthusiastically participant in recycling their cups if they want a refill of fruit juice.

The Rotary Club of Currumbin Coolangatta Tweed President, Chris Buck, stated that the members had



L to R: Rtn Ken Harbour, Diana Traversi, (behind), Bob Anley, Anne Harbour, David Phillips OAM & Eric Prosser. School Chaplain Sheree Chamberlain & School Principal Robert Templeton.

a feeling of pride and accomplishment that they were able to provide a much needed and valuable service to our local community.

Earlier this year the school canteen suffered the loss of one of their ancient refrigerators and so the Rotary Club of CCT, (naturally!) found some funds to provide a new one (see picture).

Rotary keeps its feet firmly on the ground when it comes to local community support and the Rotary Club of Currumbin Coolangatta Tweed is proud of their distinctively local support emphasis.

by Bob Anley.

Nerang Rotary Club to provide housing for Turkiye earthquake victims



A major aspect of Rotary International Service is for clubs work with other Rotary clubs "on the other side of the world" to provide goods and services. Some projects, such as the Surfers Sunrise Rotary

Wheelchairs, are ongoing. **But sometimes help is needed urgently.** One such event is the massive earthquake which hit Turkiye in February this year, which left over 1.5 Million people homeless.

The Rotary Club of Nerang, under the leadership of President **Mehmet Tavli** (who was born in Turkiye) started a major, scaleable project of providing "container houses". The concept is to prove fast, solid housing to families that have lost everything. The need is acute, and immediate.

Nerang Rotary works together with **Adana Tepebag Rotary Club**, which thus ensures maximum efficiency and application of funds. **Click on the image to view a BBC video**, at the end of which one of their container homes is pictured. This container house costs only \$8,000. The Rotary Club of Nerang seeks support from other clubs in the District towards their first house. **Can your club donate, say, \$500.00 towards it?**

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Our new Rotary year is very quickly approaching. In January this year, I was fortunate to participate in the Rotary International Assembly in Orlando, Florida, and be part of the launch of Rotary International President Elect (RIPE) Gordon McNally's Theme 'Create Hope in the World'. I was immediately excited to hear this theme as it fits in perfectly with the planning and goal setting, I have been working on over the past 2 years.

Recently we held our District's President Elect Training and our Learning and Development Assemblies. At these workshops, we were able to share RIPE Gordon's key areas of focus;

- Promote World Peace
- Eradicate Polio
- Empower Women and Girls
- Break down the stigma of Mental Health

At our Training sessions, we shared with our participants ideas, strategies, a plan and ways in which we can all contribute to achieve the goals we set.

The importance of our club members supporting our Foundation cannot be underestimated in promoting world peace. Our Foundation has raised more than 15 million in contributions that are helping provide Ukrainians with essential items such as Water, Food, Shelter, Medicine and Clothing.

Incoming RI President Gordon has set a goal of raising \$50 million this coming Rotary year to help eradicate Polio. If we can achieve this, the **Bill Gates Foundation will match this 'Two to One'** with a \$100 Million Dollar Grant.

Our District is well placed to help Empower Women and Girls. Rotary Clubs in our District will lead a Zone 8 Campaign that says 'NO to Domestic and Family Violence and YES to Respectful Relationships'. This initiative will see 16 Countries, over 1000 Rotary Clubs and over 25,000 Rotarians combine for a common cause. We have formed many partnerships with various agencies, government bodies, registered clubs and businesses. This campaign presents a rare opportunity for our members and their clubs to combine for a common cause and connect with their community for a cause that is current, valid, and relevant.



Mental Health is an area that we all need to support and to help educate our community about the effect mental ill health has on individuals, families, work colleagues and friends. We will be encouraging clubs to support Rotary's 'Lift the Lid' campaign and I will share with our clubs a model that has worked very well in Ballina where we conducted a very successful Mental Health Symposium, with the emphasis being on support for Flood effected residents. This Symposium was a game changer. It enabled 12 local Mental Health

support agencies to network together towards a common goal and has since seen regular Radio Interviews and podcasts in our community about symptoms of Mental Health issues, causes, treatment options and where to go for support and/or help.

Our District is also partnering with Brisbane

Rotary District 9620 to support a walk from Grafton to Brisbane later in the year to help raise awareness of Mens Mental Health and support the 'Movember' campaign. We will be asking our clubs along the route to provide logistical support, accommodation, BBQ's and, if possible, join in on some of the walk.

It is only early days however, I thought it is an opportune time to let you know about some of the activities ahead in the coming year and share with you some of the goals our Leadership Team and clubs have committed to. I so much look forward to the year ahead and very much value the opportunity to combine with you to 'Create Hope in the World'.

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Meet our youngest Rotary Club: Upper Richmond

by Narelle Oomen, Charter President



We held our first interest meeting on 15th November 2022 with 11 people, then by 16th December we were accepted into Rotary as the Satellite Rotary Club of Evans Head – Upper Richmond.

In particular, I was particularly strongly assisted by **Geoff Austin** and **Brenton Corey**, as well as our steadily growing membership, to ultimately reach a membership of 20 members by April this year. Based in Casino NSW, we were chartered as the **Rotary Club of Upper Richmond**.

We have members aged from a young 82 & 83 year olds to young 38 & 39 year olds, with everything in between. All are active, all have ideas and all are co-operative.

Our projects include

- a school breakfast every week at one of the public primary schools,
- repairing garden beds in the community gardens,
- supporting a youth event called Skate Mate,
- in January, as a skate board coaching and demonstration day with DJ music & stalls.

We held a huge Australia Day event in partnership with the Casino Mini Rail which attracted over 350 people and we're working with a youth worker to hold school holiday activities for youth from primary school age up to 24 year olds.



DGND John Oomen, DGN Lisa Hunt,
Narelle Oomen (with newly awarded PHF+1), Geoff Austin

The flood recovery is ongoing, helping people with tank cleaning, machinery repairs, and just to help with the cleaning up in general.

We're planning a 'Christmas in July' or it might have to be 'Winter Wonderland' in August – as a fund raiser and a social event at the same time.

One of our members has written a book to be published that will raise funds for the club, we held a health seminar and an emergency radio network

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Rotarians of District 9640 recognised in the Kings Birthday Honours



Gerald 'Ged' Williams from the **Rotary e-Club NextGen** was appointed an Officer (AO) in the General Division.

"For distinguished service to critical care nursing, to medical education, to professional organisations, and as a mentor."

Neil Athol McPherson from the Rotary Club of Ashmore was awarded an Order of Australia (OAM) medal.

"For his service to community to a range of organisations". Neil founded the Rotary Club of Ashmore in 1990 and was its President 1997/98. He was also with the Rotary Club of



RC of Gold Coast Passport for Make Ways Foundation

On 22nd April, the Gold Coast Passport Club had another successful sorting and packing weekend with Make Ways Foundation. A picture paints a thousand words. Well done!



Are you organising an event? Have you sorted out insurance?

At last month's District Development Assembly, our district's Insurance chief officer **John Giuricin** presented a hugely important outline of what Rotary Insurance is, what it covers, and most importantly, what it DOES NOT cover.

For example,

- Did you know that if you tow a Rotary owned and insured trailer with your private vehicle, your vehicle is NOT covered by Rotary Insurance?
- Did you know that you should NOT accept conditions such as "Hold

Harmless" (common in contracts with Councils)?

For any event your club holds, you must do a Risk Assessment, and you MUST register the event with District.

[Click here to download John' Giuricin's comprehensive outline](#)

Want your club's big event published?

[Click on this link to send me an email](#) with details of your club's event!

I might even convince the District Webmaster to put it on the District website as well... ☺ Ed.

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Brian and Nancy Knowles Award goes to PDG Neil and Dell Maxwell

Regrettably, District Governor Karen Thomas suffered a quite severe illness and thus was unable to attend the Changeover. Vice District Governor **Jeff Egan** thus took care of most of the functions usually assigned to the outgoing DG such as special recognitions of District personnel, some of who are "retiring."

But most importantly, PDG Jeff announced the couple to receive the Brian & Nancy Knowles Award. There was plenty more, so be patient: for those who weren't there, next month's edition will have plenty!



Top: District personnel recognised: (now past) District Secretary Janette Glynn, Franz Huber (newsletter editor), (now past) District Treasurer and Company Board Director Mark Twyford, District Webmaster Denis Hallworth, (now) District Governor Elect Lisa Hunt, PDG Harry Bolton. Right: **PDG Neil and Dell Maxwell** were awarded the **Brian & Betty Knowles Award**.

These are DG Karen's Goals for 2022-2023

- All clubs to appoint a DEI officer and a member care officer.
- Elevate the lesser gender number in your club to achieve improved balance.
- Undertake a club project in the focus area of Disease Prevention and Treatment or host a health awareness campaign either inter-club or public.
- Elevate your image by advertising this event before and after.
- Either involve a Rotaract club in a Rotary education session or start an Interact club.
- Achieve donation of \$100 per member to the Rotary Foundation— choose either Annual Fund, Polio Plus Fund, or both.



The Rotarian Code of Conduct

As a Rotarian, I will:

- ◇ Act with integrity and high ethical standards in my personal and professional life
- ◇ Deal fairly with others and treat them and their occupations with respect
- ◇ Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- ◇ Avoid behaviour that reflects adversely on Rotary or other Rotarians.
- ◇ Help maintain a harassment-free environment in Rotary meetings, events, and activities,
- ◇ report any suspected harassment, and help ensure non-retaliation to those



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District Governor's Personal Project

Angel Flight

DG Karen's personal project continues to enjoy great support from our clubs. Angel Flight is a wonderful registered charity - read more about it on their website:

<https://www.angelflight.org.au/>

Donations are tax-deductible.

In total, **17,081.00** have been raised so far including pledges. Please make all payments to

Rotary International District 9640 Ltd,

BSB: **084462,**

Account No: **79 639 5692**

Ref: **AngelF**

**A huge 'Thank You!' to all who have donated!
(If you didn't: There is still time!)**

End Polio: Still as important as ever that we finish it!

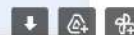
We have all seen the advertisement with Bill Gates 'We are almost there'... **Indeed we are!** As of right now: From 350,000 annual cases in 1985 to just **5 cases in Afghanistan and 1 case in Pakistan** in 2023. Sooo close! As in the past: The **Bill & Melinda Gates Foundation** will match it \$2 to \$1 donated.



Australian Red Cross
Lifeblood®

Lifeblood Team Donations

Rotary Australia District 9640 (Parts of QLD and NSW)

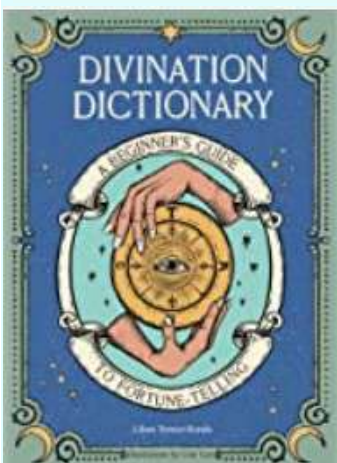


State	Whole blood	Plasma	Platelets	Lives Saved
NSW	3	6	0	27
QLD	3	23	0	78
National Total	6	29	0	105

The image from Lifeblood is a bit blurry: In a nutshell: As at the end of April 2023, Rotary **District 9640 is in the top 4 Australia wide**, with a total of 62 donations!

And the recent donation by the members of Nerang Rotary Club might have even improved that position. We were relegated to 4th place by District 9790, by - wait for it: **One donation!**

Divination. The practice of seeking knowledge by supernatural means.



*Im sure that the mental powers of incoming editor Jodie Shelley are better than mine. But probably still not good enough to **make you levitate**. Further, several of our members are reaching the age where they might be at risk of suffering from osteoporosis and a fall, as a result of attempted levitation, might be disastrous. So, to make sure we don't accidentally drop you if we get distracted by an incoming email, we don't practice it on fellow Rotarians... ☺*

*So, please send **it the old fashioned way**, by email. (Yes, that's old fashioned!) About 200 words, and don't forget the pictures and identify the people in it! **I promise, I'll forward it to Jodie!***

- Events your club has run in the past
- Events your club intends to run (if it is not in the list below, or on the District website Events Calendar, we don't know about it!)

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